TUESDAY, JULY 28
9:00-11:00 am
SEATTLE FESTIVAL 2015 SCHEDULE SUBJECT TO CHANGE

MID-DAY INTENSIVES
11:30 am - 1:45 pm
Outside Air, Inside Body / Ralph Lemon
Explore how the body can be used as a research tool to understand the patterns and systems of the environment we inhabit. In turn we will investigate how this environment influences our choreographic choices. Participants will explore their own processes and scores as well as be introduced to the methodologies and systems Monson has developed. The work of each day will develop and build into a culminating event.
Performance / for dancers. Optional and open to walk-ins. Work toward a constant availability for movement and bearing weight, through re-aligning our structures between gravity and the ground.

EXTENDED INTENSIVE CLASSES
11:30 am - 5:15 pm
February COMMON/SENSE MOVEMENT / Jay Davis Countertechnique, developed by Anouk van Dijk, provides dancers a way to continuously direct and counter-direct the weight of the body through space. Illuminates possibilities for absence/presence, dynamic balance, anatomical availability and big wide smiles.

9:30-11pm
SITE-SPECIFIC INTENSIVE (no drop-in)
Dancing the Systems and Scores of Local Urban Ecologies / Jennifer Monson
The Feldenkrais Method® studies the work of our nervous system and our ability to recognize and create movement patterns that are both more efficient and more pleasant. It brings our awareness to our attention. This class is ideal for dancers and people from different backgrounds interested in discovering more about their physicality in a pain-free way and enjoying a larger sense of well being.

Saturday, July 25
9:00-11:00 am
SEATTLE FESTIVAL 2015 SCHEDULE SUBJECT TO CHANGE

MORNING SOMATIC INTENSIVE (no drop-in) Feldenkrais Workshop for Dancers / Jimena Paz
common/SENSE movement / Jay Davis Countertechnique, developed by Anouk van Dijk, provides dancers a way to continuously direct and counter-direct the weight of the body through space. Illuminates possibilities for absence/presence, dynamic balance, anatomical availability and big wide smiles.

Logomotion / Nóra Hajós
Dive into Sense Form’s improvisational dance/form process,织 where sequences of images, words and sound are woven together and explored until some feel is realized. We find life in the authentic self. Fieldwork for the Feldenkrais Method will be introduced to the methodologies and systems Monson has developed. The work of each day will develop and build into a culminating event.

MORNING AWAKENING, FAILURE, AND REDEMPTION: ADVENTURES IN CONTACT IMPROVISATION / Andrew de los Rios
This class will examine how, in our CI dances, we tune into the patterns that are more efficient and pleasant. It brings our awareness to our attention. This class is ideal for dancers and people from different backgrounds interested in discovering more about their physicality in a pain-free way and enjoying a larger sense of well being.

AWKWARDNESS, FAILURE, AND REDEMPTION: ADVENTURES IN CONTACT IMPROVISATION / Andrew de los Rios
This class will examine how, in our CI dances, we tune into the patterns that are more efficient and pleasant. It brings our awareness to our attention. This class is ideal for dancers and people from different backgrounds interested in discovering more about their physicality in a pain-free way and enjoying a larger sense of well being.

MORNING SITE-SPECIFIC INTENSIVE
1:30pm
A lecture demonstration and conversation facilitated by Karen Nelson, Walt Andrew de los Rios Harwood, Ronja Ver, Scott Davis and Katherine Cook.

MID-DAY INTENSIVES
2:15-3pm
Participants will be exposed to CI techniques and strategies for improvisation and choreography, utilizing a variety of tools and methodologies, including touch, sound, and voice. Participants will then improvise in CI, incorporating a variety of techniques and strategies. This class will examine how, in our CI dances, we tune into the patterns that are more efficient and pleasant. It brings our awareness to our attention. This class is ideal for dancers and people from different backgrounds interested in discovering more about their physicality in a pain-free way and enjoying a larger sense of well being.

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Intensives

The Practice of Form

Ralph Lemon (US) is a choreographer, concept artist, and writer. His installation art is renowned for its rigorous and experimental performance. He is also the author of several books, including: How Can You Stay in the House All Day and Not Go Anywhere? (2010); a commission for the Lyon Olyoer Ballet, Rescuing the Princess (2009); and The Geography Trilogy (1997-2004). His trio includes the Alpert Award in the Arts, a Creative Capital Award, the USA Fellowship, a Guggenheim Fellowship, and the American Choreographers Award.

Awkwardness, Failure, and Redemption: Adventures in Contact Improvisation

Andrew De Lichtenber (Harwood (CA)) is a leading international teacher, performer, creator; deeply influential in the development of CI and improvisational composition. Andrew was commissioned and performed with Steve Poston, Nancy Stark Smith, Nita Little, danced for Marie Chouinard, Jean-Pierre Ponnelle, Robert Adams, Kari Lehto, Rolf, Sting, Lisa Nelson, Beno Vourtohm, Bertand Laërti, among others. He is the recipient of the Canada Council for the Arts Jacqueline-Marsenne Award.

SFDI 2015 Performances + Events

DANCE INNOVATORS IN PERFORMANCE

THURS JULY 30 / 2PM

ONSTEAD INTENSIVE

FRI JUL 31 / 2PM

DANCE INNOVATION + ABSTRACTION WITH JENNIFER MONSON

FRI JUL 31 / 8PM

DANCE THROUGH THE BODY

FRI JUL 31 / 9PM

SCAPE SERIES: SERIES OF LOCAL ECOLOGIES

SAT JULY 31 / 7PM

DANCE INNOVATION + ABSTRACTION WITH JENNIFER MONSON

SAT JULY 31 / 8PM

DANCE THROUGH THE BODY

SAT JULY 31 / 9PM

AWARDS AND DANCE DISCUSSIONS

SUN AUG 2 / 2PM

SEATTLE NIGHT WALK WITH JENNIFER MONSON

MON AUG 3 / 7:30PM

FACULTY DISCUSSIONS

TUES AUG 4 / 7PM